



Ingredients

Yields: 6

- 3 ounces of low fat cream cheese, softened for 10 seconds in the microwave
- 3 tbsp strawberry jam
- 4 sheets of graham crackers, broken into square halves

Directions

1. Mix the softened cream cheese with the jam.
2. Spread a little of the mixture on top of each graham cracker.
3. Either eat right away or chill for 30 minutes. The grahams will soften and become more like a cheesecake crust and the topping will firm up.

Tip: Use different flavors of jam or top with a slice of fresh strawberry.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/2 cracker + 1/2 tbsp. jam	58	1.8 g	1.2 g	9.3 g	62 mg

Carbohydrate Exchanges: 1/2